Instructions directed by the Governor and Councell Liber H. H. to the seuerall Captaines of the respective trained Bands to be sent with theyr respective Commissions

Instructions Trained Bands Imprimis that they cause a perfect list to be taken of all persons able to beare Armes within theyr respective divisions that is of all men betweene 16 and 60 yeares of Age which List they are to returne to the p. 23 Governor or Secretary with all convenient speed.

- 2 That out of that List they do select such persons to be of theyr constant Trayned Band as they shall judge fittest both for theyr Ability of Body, Estate, & Courage in which Choice they are not to take the Person of any of his Lordships Counsellors of state nor Justices of Peace.
- 3. That they take Care that theyr said Companys be duly mustered once every month, & for the more certaine & constant performance of that duty that they do appoint sett times and places for the next Muster before they depart from every meeting to Trayne and Exercise.
- 4 That they take an exact vieue of euery mans Armes that they be well fixed, & that they endeavour to make euery householder provide himselfe speedyly with Armes & Ammunicon according to a former Act of Assembly viz 2<sup>ld</sup> of powder and 5<sup>ld</sup> of shott & one good Gun well fixed for euery man able to beare Armes in his house.
- 5 That they take speciall care that all persons by them enlisted do make theyr constant personall appearance at every muster and that vnder the Paines & forfeitures of 100<sup>ld</sup> of Tob for the first default, of 200 for the second, & 300 for the 3<sup>d</sup> default And if any person shall yett after such fine & forfeitures imposed be further Negligent or refractory that they certifye the Governor & Councell.

6 That they do not proceed rashly to impose a forfeiture vpon any one but first see whether he can alleadge any lawefull impediment, in Judgeing of w<sup>ch</sup> they are to take Care they be not to remisse and Indulgent allways remembring the exactnesse of Military discipline to be the security of euery mans particular welfare & place.

7 That after a fine or forfeiture imposed for default they immediatly certify the Sherriffe who is by Order of the Councell to Leavy the same if refused to be payd, & that they do employ the said Forfeiture to the purchaseing Drums & Collours for the Company, & after such Provision made, to make the Company Drinke at theyr meeteing to Muster, in w<sup>ch</sup> they are strictly charged as well to avoid all Excesse themselues as seuerely to punnish it in others of theyr Company Committed to theyr charge.